



Auxiliary Outreach

Bulletin 2

2024-2025

We volunteer our time in the community to let others know we care and help them succeed with their events/programs. It is part of what we do as being an Auxiliary member. By now, your Auxiliary should have voted on at least one volunteer project for this year. If not, there is still plenty of time to do so.

Did you know that volunteering is also good for you? Volunteering provides many benefits to both mental and physical health.

- Volunteering helps counteract the effects of stress, anger, and anxiety. ...
- Volunteering combats depression. ...
- Volunteering makes you happy. ...
- Volunteering increases self-confidence. ...
- Volunteering provides a sense of purpose.
- Volunteering provides an opportunity to meet new friends.
- Volunteering can reduce your risk of developing Alzheimer's.

If you are not sure of where to find volunteer opportunities in your area, here are some suggestions on where to look:

- Mine your members. Use this as an opportunity to call your members that aren't attending meetings, check in with them as a wellness check and ask them what other groups do they belong to and what events that organization has coming up and do they know a contact person as part of that call.
- Contact your local Parks Department and find out if your community has a Fall Walk/race, turkey day race or Jingle Bell run that they hold and would like some help with registration or manning a station with water to hand out.
- Check with your local PTA/PTO school organizations or Athletic Booster Clubs or Public School Foundations
- Check with your local Animal Shelter about adoption events or fund raising events they will be holding
- Contact your local community food or shelter programs and ask them what opportunities or needs they have regarding the intake, serving or distributing food or clothing
- Look for opportunities in your local newspapers and magazines.
- Check local community bulletin boards and city/ county/neighborhood calendars.
- Check with your local community theater groups or community orchestras about their performances and if they need ushers or volunteers to set up or clean up after a performance

Do you still have questions about Auxiliary Outreach and what the program is? Available to you on our Department website, there is a video you can watch on Auxiliary Outreach.



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Also, on October 15 at 7:00 p.m. you can join in a Zoom meeting to ask questions about the program. The meeting information for connecting is at the link below.

Join Zoom Meeting

<https://us02web.zoom.us/j/87112837087?pwd=AGQHf15DPpkrcfBwBVPCEnanmbQvqT.1>

Meeting ID: 871 1283 7087

Passcode: 594585

I am also available to help you and meet with you to help your Auxiliary with the program. You can request a Zoom meeting for you and/or your Auxiliary, if the Zoom meeting on October 15 will not work for you. Contact me and we will work out a time to meet.

Please feel free to contact me with any questions or concerns.

Loyally,

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